



## Civil Air Patrol Cadet Physical Fitness Test (CPFT) Score Card

*Minimum requirements are based on age, gender and achievement number.*

Cadet Name:		Date:	
Current Grade:		President's Challenge: 35th percentile	

<b>Phase II - Indicate Achievement:</b> <input type="checkbox"/> 4. Rickenbacker <input type="checkbox"/> 5. Lindberg <input type="checkbox"/> 6. Doolittle													
Cadet Age & Sex (Circle one)		Male						Female					
		12	13	14	15	16	17+	12	13	14	15	16	17+
Actual	P. 23 Sit & Reach (Cm)	23	23	23	27	27	31	31	27	30	32	32	33
	P. 24 Curl Ups (60 sec)	37	39	41	41	40	40	31	33	34	32	32	30
	P.25 Push Ups (1 every 3 seconds)	14	18	20	25	56	30	10	10	10	12	13	14
	P. 26 (30 feet) Shuttle Run (seconds)	11.0	10.6	10.2	10.0	9.7	9.6	11.7	11.5	11.6	11.4	11.4	11.3
	P. 27 Mile Run (Minutes)	9:40	8:54	8:30	8:08	7:53	7:35	12:01	11:40	11:10	11:00	11:24	11:20
Indicate: <input type="checkbox"/> Pass <input type="checkbox"/> Needs to Retest   CPFT Testing Officer:													